

2021 -2022 American Heart Challenge One Hour Playlist Transcript

Opening Announcement

Welcome to the American Heart Challenge! Thank you for raising awareness and donations for things like heart defects in babies, nutrition security, CPR training, and health equity as we work to end heart disease and stroke! Get ready to GLOW crazy for a good cause!

Music plays

Get the Party Started by Pink

Music Break Announcement 1

Hi, my name is Manny. I survived half a heart for ten years, a stroke, three open heart surgeries, and I had a heart transplant three years ago. Thank you for being a hero for kids like me and for everyone with special hearts.

Music Plays

Butter by BTS

Old Town Road by Lil Nas X

Music Break Announcement 2

Every year, 17 million people worldwide die from cardiovascular disease. That's nearly double the population of New York City! A \$25 donation, combined with gifts from others, could help fund lifesaving research that will save and improve lives from heart disease and stroke. Thank you so much for your support of the American Heart Association! You're helping to improve the lives of millions of people!

Music Plays

Tik Tok by Kesha

Rain on Me by Lady Gaga and Ariana Grande

Music Break Announcement 3

Ever find yourself lying in bed, scrolling endlessly on your phone? We all know to set an alarm to wake up in the morning, but have you set an alarm to get ready for bed at night? Prioritize hitting the pillow and aim for 8-10 hours of sleep a night. Catching ZZZs could be the key to unlocking a healthier you. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs, and more. Who knew you could make such a difference, all while sleeping?!

Music Plays

On Top Of The World by Imagine Dragons

Music Break Announcement 4

Hi everyone. My name is Clelia. I was born with transposition of the great arteries. Thank you for helping kids like me!

Music Plays

Be Kind by Marshmello

Music Announcement 5

Physical activity is one of the best ways to keep your mind and body healthy. It can relieve stress, improve your mood and it gives you energy! You don't need to be a mega athlete, think about things you enjoy doing – like taking a walk, skateboarding, or even jumping on a trampoline!

Music Plays

In Knew You Were Trouble by Taylor Swift

Thunder by Imagine Dragons

Music Announcement 6

Hi. My name is Sophie. I was born with a hole in my heart. Thank you for helping kids like me.

Music Plays

Wolves by Selena Gomez

Stay by Zedd

Music Announcement 7

A stroke can happen to anyone, at any age. Do you know the warning signs of a stroke? Think of the word FAST, F-A-S-T. F stands for face drooping, A stands for arm weakness, S stands for slurred speech, and T stands for TIME, time to call 911. YOU have the power to save a life. Someone in American suffers from a stroke every 40 seconds. Knowing the warning signs saves lives!

Music Plays

Handclap by Fitz and the Tantrums

Music Announcement 8

Hi! My name is Jaeden and I was born with a hole in my heart that couldn't close on its own. So, at two months old I had to get open heart surgery to fix my heart. Even though I was born with a heart defect, I do everything I can to keep my heart healthy, and I hope you do too! I eat as healthy as I can, and I get lots of physical activity when I go to play outside, go to the pool and dance! Thank you for raising funds and helping hearts like mine!

Music Plays

Roar by Katy Perry

Music Announcement 9

Did you know that there are just two steps to saving someone's life having a cardiac arrest? So easy! Step 1. - Call 911. Step 2. - Press hard and fast in the center of someone's chest at the rate of 100-120 beats per minute. Can't keep track of that- that's okay, me either. Ever heard of the song "baby shark"? Just push to the beat of that until medical help arrives!

Music Plays

Cheap Thrills by Sia

Dance Monkey by Tones and I

Music Announcement 10

Want to quit vaping today? You're not alone, and we're here to help. Text HEART to 88709 for free, anonymous text support, at any time. Just text HEART (*spell out* - H-E-A-R-T) to 88709.

Music Plays

Dynamite by Taio Cruz

Music Announcement 11

Hi. My name is Finn, and I was born with a special heart. I had eighteen procedures to help fix my heart. And your support of the American Heart Association helps kids like me!

Music Plays

The Greatest by Sia

Closing Announcement

Thank you for your support of the American Heart Challenge! We've raised heart rates, raised awareness and saved lives! Thanks for making a real difference!